



## **Nutrition and Health Program** puts education into action to help low income families lead healthier lives.

Our community educators help participants embrace nutrition and health messages from USDA Dietary Guidelines and ChooseMyPlate.gov. Parenting adults and youth participate in hands-on learning tailored to meet their needs. Adults strengthen parenting skills. Families make healthier food choices, become more physically active, and learn to stretch their food dollars.

We reach families in all five boroughs of New York City by working in partnership with community organizations including schools, Head Starts, Community Centers, and ESL programs.

We reach into communities at many levels to support changes for healthier neighborhoods, and professional development opportunities that compliment those efforts.

### **Major funding in 2016 is provided through:**

EFNEP - Expanded Food and Nutrition Education Program

FMNP - Farmers' Market Nutrition Education Program



**During 2015\* over 42,174 individuals participated in our programs.**

- **4,022 parenting adults** participated in our traditional EFNEP 8 lesson workshop series.
- **3,237 youth** participated in our workshop series and received education designed to increase awareness of healthy eating and the benefits of being physically active.
- **3,900** adults and youth received information at one time events such as training workshops and demonstrations at community organizations.
- **30,985** people at 9 farmers' markets visited Cornell University Cooperative Extension cooking and learning stations in NYC. Most tasted farm fresh produce cooked using simple nutritious recipes.
- **30** college level or above students from 10 colleges and universities supported our nutrition and health programs working as interns. \*our fiscal year runs from October 2014 to September